

A UNITY PUBLICATION + 15 CENTS

Daily Word



March 1943

Class Thoughts

February 20 to March 19

Daily at 11 a. m. join us in this thought
for spiritual illumination:

I am conscious of Thine omniscience, and I make no mistakes.

At high noon each day concentrate your attention
on this thought for prosperity:

Thine everliving Spirit substance rolls in golden
splendor into my mind and into all my affairs.

At 9 p. m. each night let us acknowledge the healing power
of Spirit with this prayer:

The glorious infusion of the "more abundant life"
of Jesus Christ vitalizes me, and I am lifted up and
healed.

In the name of the Lord Jesus Christ we pray for and decree
a speedy victory in this world conflict, to be followed by a
permanent peace, uniting all the nations of the earth in a
league of justice and righteousness, in which the life,
liberty, and love of God shall be paramount.

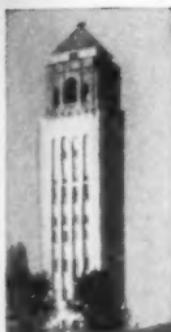
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DAILY WORD

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No. 3

EDITED UNDER THE SUPERVISION OF SILENT UNITY

Stately and tall, the Unity Campanile or Prayer Tower directs the traveler to Unity Farm near Kansas City. Even so this little magazine daily directs your steps to the sun-tipped heights in whose glory you behold yourself as a son of God; for such you are.

ONLY GOOD

R. H. GRENVILLE

There is no evil, only good.

My heart has heard the prophet tell,
But only now has understood
That God is all, and all is well.

If there is fear, I need but know
That God's love ever shields from harms,
That underneath this mortal self
Are still the everlasting arms.

If there is darkness, I must look
Unto the Lord, that I may see
The radiance of His light and power
Roll back the seeming night for me.

God in the tempest as the calm,
In crowded street as ferny grot,
In sheltered vale or perilous steep—
What place is there where He is not?

So now my heart is filled with joy
Greater than voice or song can tell:
There is no evil, only good;
For God is all, and all is well.

Without a Fear

CARY THOMAS

RETURNING home the other day, I opened my Moffatt Bible and turned to the Psalms in order to clear from my mind the depressed feeling that had come from hearing many expressions of fear. The Psalmist was so human. The writing that we know as the Psalms always seems to hold the answer to the very problems that we have today. I was sure I should find something reassuring and helpful, and I did. This is what I discovered:

"The day I am afraid,
I put my trust in thee. . . .
in God I trust without a fear."

I looked again. Somehow I had never thought of David as being afraid. From childhood Sunday school days I remembered that he was hunted and persecuted and forsaken by his friends during one period of his life, but David was a man after God's "own heart." Was it possible that he knew fear as we know it?

Yet there it was: "The day I am afraid . . ." The idea of David's being afraid intrigued me. I started searching for the thing that had enabled David to overcome his fear, and I discovered that

too. Every time he was afraid, every time he was "in anguish and despair," he turned to God, the Eternal, and the fear was gone. Afraid? Yes; but "I put my trust in thee." And what happened? Immediately he says, "In God I trust without a fear." The fear had disappeared.

Over and over in the Psalms we read evidence that David turned his thoughts to God whenever trouble or loneliness or fear overwhelmed him. In the 32d Psalm he tells us:

"So let each loyal heart pray to thee in trouble
... for thou wilt be his shelter,
safeguarding him in peril,
surrounding him with aid."

Safeguarding us, taking care of us! Wherever we are, whatever we are doing, God is there too with His protection, shielding us from harm. "Surrounding him with aid." Surrounding us—doesn't that mean that from all sides, from everywhere, God's help is ours?

These are days of change. Men are going from homes into camp life; women are finding themselves in factories, working at machines they never knew existed. We are being called upon to do things far removed from our normal way of life, and sometimes it all seems strange and frightening. Often we wonder if we are capable of carrying on, of doing the tasks that are thrust upon us.

David must have had similar fears, and he knew where to go for help. He says:

"I keep the Eternal at all times before me;
with him so close, I cannot fail.
And so my heart and soul rejoice,
my body rests secure."

Knowing that God was with him, David stopped worrying and was glad. He was able to relax and rest, secure in the knowledge that with God's help he could not fail.

This is what we must do too. We must realize the presence of God. With Him so close we cannot fail.

Through the ages progress has come from change; and we know that after this present period of change will come a peace that will encompass the entire world. Nations will have a better understanding of one another and of the needs of each. Hatred and intolerance and cruelty cannot triumph, because they are not of God. And in spite of the upheaval in the world,

"The Eternal's purpose stands for ever,
and what he plans will last from age to
age."

"The Eternal's purpose stands," and God's purpose is good. What He plans is peace and love and understanding, because God is love. And what He plans "will last from age to age."

Why Don't We Ask?

CLINTON E. BERNARD

I DREAMED that I went to heaven. It was an interesting heaven, one to appeal to a man who is curious about the way of things. Even the recording angel was pleasant, a tactful fellow who showed no disposition to remind me of events best forgotten. With the charming manner I assume with such ease in dreams and with more difficulty in my waking hours, I inquired:

"Why is it I failed to receive so many of the things I wanted when on earth?"

And the angel inquired, "Why didn't you *ask* for them?"

Much of the dream has vanished from my memory, but I shall always remember how great was the emphasis on the word "ask."

Aroused by the suggestion in the dream, I examined my memory. With astonishment and chagrin I saw that I had asked God for few of the particular good things I wanted, things obviously good and divinely approved. Or if I had asked, the request had been so casual as to make little impression on my memory. I had wanted, even yearned, but without taking pains to voice the desires clearly to the Giver of all good.

For a long time I kept this information carefully hidden, feeling that there was no use in revealing such unique muddling, but gradually it dawned upon me that I was only one of many.

Most persons are indefinite when asking for their good. They wish or desire or long for some good, without making a definite and confident request or demand for it. Probably demand is the better word, describing better the technique of prayer.

Does it seem impudent and sacrilegious to make demands upon divine love? Then look at the model prayer, the Lord's Prayer. Note the brisk, imperative "Give us this day our daily bread." "Forgive," said the model Christian, not "Please forgive"; "Thy kingdom come," not "Please let Thy kingdom come"; "Deliver us from evil," not "Please don't let anything hurt us."

Does all this seem too peremptory? It will not seem so if prayer is considered as a confident statement of need addressed to the Father by a child who knows he is beloved and loving.

Probably you can remember a time when you were very young and said to the kindest person in the world, "Mother, give me some bread and butter." Prayer is as elemental as that.

The word thanks is not in the model prayer.

But having learned courtesy with the years, you will want to include thanks when you ask God for any good thing—omitting any skepticism the years may have taught you. If you now ask of God even with a faith only approaching in strength that with which you once asked the kindest person in the world to give you bread and butter, you will come close to making the perfect prayer.

Jesus Christ was aware of the human tendency to indirection, for He repeatedly commanded His followers to ask God for what they wanted. Once He remarked, "Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be made full." Yet every day people in actual physical want read such texts and do nothing about it. It is literally true that in many cases we do not ask God for help until all other means of help have proved futile. When we then ask and receive quickly we are likely to be astonished.

Are there no limits to what we may ask of God? Jesus Christ promised, "Whatsoever ye shall ask in my name, that will I do." When we ask truly in the name of Jesus Christ we can ask only for the good, for that which will work no wrong to anybody. It is wise to refrain from asking a special boon of God if there is any question of its being good. In such a case it is well to ask for divine insight or to say simply to God, "Thy will be

done." But in asking for divine insight with respect to desires that are unquestionably good, a specific demand upon divine love is in order.

A woman recently told me of an experience of hers with regard to specific requests in prayers.

For more than twenty years she has been in the stock-brokerage business, beginning as a stenographer, working up to cashier, and eventually becoming a trader and saleswoman. For years now the market has been dull. Since she works on commission, her earnings have been small. She is married and could give up business if she so desired, but she likes business and realizes that she might be dissatisfied if she gave it up. For a long time she pondered what would be best. She could not decide. She kept worrying about it. Her very indecision worried her.

One morning when she was going to work the thought occurred to her that she ought to pray for a definite answer to her problem. Immediately she said: "Lord, show me the way. Shall I continue in business or not?" She kept using this little prayer on her way downtown.

After arriving in the downtown district she went into a restaurant for a cup of coffee. There she met the manager of a brokerage firm. He asked how things were going with her. She informed him that her sales were slow and that she

was thinking of giving up business.

"How would you like to come with us as cashier?" he asked. "On a regular salary of course. And you could still hold your regular customers and draw your commission."

Although such an arrangement had never occurred to her, she went to the man's office. (After all, she had prayed.) The broker explained details of the position he offered. These included a nice salary and a better commission than she had been receiving. Of course she accepted. It was the answer to her special prayer.

"It was such a spiritual experience," she says, "that it shook me. I just couldn't do anything but give thanks the rest of the day, and that night I was too excited to sleep."

She asked God for a particular good, received it almost at once—and was surprised! But in this respect she is no different from most of us.

Christians, prayer is a great thing, the greatest thing in the world. As we use it in our life we shall benefit ourselves; we shall think about it with increasing enthusiasm. When we become genuinely sold on it, genuinely enthusiastic about it, we shall quickly become definite in our prayers for divine help in every need. The privilege of prayer is a great blessing. Let us dare to believe in it and use it.

Prayer of St. Patrick

I establish myself today in
The power of God to guide me,
The might of God to uphold me,
The wisdom of God to teach me,
The eye of God to watch over me,
The ear of God to hear me,
The word of God to speak for me,
The hand of God to protect me,
The way of God to lie before me,
The shield of God to shelter me,
The host of God to defend me,
Christ with me, Christ before me,
Christ behind me, Christ within me,
Christ beneath me, Christ above me,
Christ at my right, Christ at my left,
Christ in breadth, Christ in length, Christ in
height,
Christ in the heart of every man who thinks of me,
Christ in the mouth of every man who speaks to
me,
Christ in the eye of every man who sees me,
Christ in the ear of every man who hears me.

Established in God

AN OLD Hindu proverb states that "repetition is the mother of wisdom." Repeating words however without any thought as to their meaning profit us little. But the repetition of an idea expressed in words invites wisdom and establishes its truth in consciousness.

In our Unity teachings we stress the importance of repeating an idea or affirmation of Truth over and over until it is impressed deeply upon the mind and heart and consciousness. That is one of the reasons why we prepare the monthly "class thoughts," the healing, prosperity, and illumination statements that are used for thirty consecutive days by Unity students everywhere.

The Prayer of Saint Patrick, printed on the preceding page, has long been a favorite with those who find particular inspiration in definitely establishing themselves in the various virtues of God and His Christ.

During the Lenten season many students like to follow a specific program designed to aid them in letting go of old ideas and in appropriating new ideas of Truth. Nothing is more helpful in dissolving an erroneous conception than the establishment of a higher and better conception. The moment an individual establishes in his conscious-

ness the knowledge of God as his help in some phase of living, that moment he lets go of his former limited or wrong belief.

It is good for us every day of our life to establish ourselves repeatedly in a renewed awareness of God as our light, strength, courage, life, joy, substance, and help in every need. With this in mind, we have prepared the lessons for this month around the theme suggested by the Prayer of Saint Patrick, that of establishing ourselves in God. Since Lent begins with Ash Wednesday, March 10, this year, the lessons will be of special interest to those who desire Lenten material.

What greater assurance can we have of self-purification, what greater preparation of the soul for its resurrection from old ways of thinking into a higher spiritual understanding, than the establishment of the Christ consciousness in ourselves?

If you are distressed or dismayed about any condition in your life, in the lives of others, or in the world, or if you are concerned about someone in the armed service, speak the word of Truth repeatedly until you are firmly established in the assurance of God's presence and power. Then send forth your word of prayer and blessing. Born of your love and faith, it will reach the mind and heart of those in need, and they will be quickened, protected, and blessed.

I ESTABLISH MYSELF TODAY IN THE POWER OF GOD TO GUIDE ME.

HERE is but one power in my life, the power of God. This power resides within me, because God resides within me. God is all-wise and all-understanding; He therefore perceives what is right and good for me. I do not hesitate to rely wholeheartedly upon His power to guide me aright through every experience, through every perplexity.

I let go of every thought of doubt, hesitation, anxiety, and fear in the knowledge that the power of God leads me in paths of righteousness for His name's sake. Because I trust in the wisdom and power of God, the way of right action is made clear before me.

In the stillness of my soul I seek God's guidance and inspiration, and I act confidently upon the leading I receive. Though I may not perceive the ultimate outcome, I am not afraid; I know that God's power is certain and mighty to guide me into my highest good. I trust His power to guide others also in ways of peace and abundant good.

* *Thou wilt guide me with thy counsel.—PSALMS 73:24.*

Tuesday

MARCH 2

I ESTABLISH MYSELF TODAY IN THE MIGHT
OF GOD TO UPHOLD ME.

THERE is faith and confidence in my heart today, for I know that God upholds and sustains me. I am free from all depression. I am not bowed down by the burdens of the world, of my family, or of my own affairs. I face life poised and lighthearted. I am strong in the Lord and in the power of His might.

There is that within me which is divine and which assures me of reason for confidence, faith, and courage. It lifts me up and sustains me in the sunlight of God's love, where I know that I possess His life, His wisdom, His power, His Spirit.

Fearless and free I stand in God's light, strengthened by His might. I turn to Him for His gift of courage, and I am glad and strong. Faith is my watchword. I know that God is in His world, and my faith in His upholding might never wavers.

I will look to God each day for strength to uphold me. I will maintain faith, hope, and courage, and speak words of strength and cheer.

• *Be strong, and let your heart take courage.—PSALMS 31:24.*

Wednesday

I ESTABLISH MYSELF TODAY IN THE WISDOM OF GOD TO TEACH ME.

ALL wisdom and intelligence have their origin in God, for God is wisdom. God as wisdom abides within my soul. His wisdom is mighty to reveal to my understanding the truth that is already mine.

The wisdom of God within me will teach me all things and reveal to me the higher way of life if I but yield myself to its instruction. When I have problems to meet I can turn to the wisdom of God within me, and the right answer will be revealed to me. Through my oneness with God I am one with His wisdom, His understanding, His discernment. When I consciously open my mind and heart to His wisdom, new ideas flow into my mind, and my understanding is increased.

Joyfully I look to the inner wisdom of God for instruction. I am grateful for the facts brought me by books and teachers and outside sources, but I know that I am not dependent upon these alone for knowledge. I have a teachable spirit, and I look to God's wisdom in me for infallible counsel.

* *The Holy Spirit shall teach you.—LUKE 12:12.*

Thursday

MARCH 4

I ESTABLISH MYSELF TODAY IN THE CLEAR VISION OF SPIRIT. GOD SEES THROUGH MY EYES CLEARLY AND DISTINCTLY.

I SEE all things with singleness of vision, the vision of Spirit; therefore I behold beauty and perfection everywhere. I no longer walk in darkness, but I walk in the sunlight of Truth. My own eyes are relaxed when I let the eyes of God see through me. I place no strain upon my eyes, and they do not become tired or weak.

The eyes of God are quick to behold good and to discern that which is true. The eyes of God, seeing through my eyes, keep my vision steadfast, clear, strong, and perfect.

Because the all-seeing, all-knowing mind of God is in me, my understanding is quick and clear. I do not think of my mind or my world as being darkened, obscure, or imperfect. It is not necessary for me to make a tense effort to see and understand. Seeing through the eyes of Spirit, I see clearly and distinctly, both mentally and physically. I give thanks daily that the clear vision of Spirit restores order and harmony in my eyes and makes my vision perfect and strong.

• *Your eyes shall see.—MAL. 1:5.*

I ESTABLISH MYSELF TODAY IN THE FAITH
THAT GOD HEARS AND ANSWERS PRAYER.

GOD hears every prayer and fulfills every need. Prayer is inner communion with God. It is not supplication to some presence or personage in the outer. Prayer is the utterance of our aspirations, reverence, and gratitude.

True prayer is constructive, uttered in the confidence that God hears and answers the soul's sincere desires. We must speak and know that God listens; then we must listen while He speaks to us. We must be receptive to the inspiration of God and obedient to His instruction. Much fruitless effort is given to the solution of problems because we fail to believe that God can and will help. We frequently ask His aid in some difficulty, then continue trying to solve the problem by our own will.

If we pray for health, we must let God's life flow through us. If we pray for substance, we must abandon fear of lack. God has already prepared all things for us. We need but ask with confidence and accept in faith.

* *Call unto me, and I will answer thee.—JER. 33:3.*

I ESTABLISH MYSELF TODAY IN THE WORD OF GOD.

“**T**HE Word was God . . . And the Word became flesh, and dwelt among us.” Even as the Word (Christ, spiritual man, image and likeness of God) became flesh in Jesus, so the Word is implanted within every one of us. The Word of God is His creative power. This creative power works through man as his ability to think. Ideas are the creative agents of the Word of God. By words and speech man gives audible expression to ideas. Thus we can truthfully say that by his thoughts and words man is a cocreator with God. “Death and life are in the power of the tongue.”

If we were to permit the creative Word to have unrestricted expression through us, we should always experience only health, happiness, peace, and plenty. We experience the opposite of these only when, by our individual thinking and speaking, we misdirect the creative power of the Word. That is why it is important to think and speak constructively. Thoughts and words of life, joy, harmony, and substance create these blessings for us.

• *Take with you words, and return unto Jehovah.*
—HOSEA 14:2.

I ESTABLISH MYSELF TODAY IN THE QUIETNESS AND CONFIDENCE OF PRAYER AND COMMUNION WITH GOD.

ONE of God's most precious gifts to us is the privilege of meeting Him in the place of prayer, the "secret place of the Most High." There we withdraw from the noise and tumult in the world, and identify ourselves with the perfect peace and calm that is in the dwelling place of God.

True prayer is not a process of beseeching or imploring God to do certain things or to act in certain ways. It is a means that He has given us of getting in tune with Him so that we may learn and understand His perfect will, which is for all His children to have peace and plenty and to love one another.

The peace of God's Spirit is like refreshing balm to a weary body, and it is ours as we pray. We surrender every care, every burden, every fearful thought, and let the calm peace of His Spirit infuse us with a new sense of rightness and satisfaction. We give thanks that all is well.

* *The Spirit also helpeth our infirmity: for we know not how to pray as we ought.—ROM. 8:26.*

Monday

MARCH 8

I ESTABLISH MYSELF TODAY IN GOD'S WILL
OF GOOD FOR ME.

I JOYOUSLY pray, "Thy will be done," knowing that God's will is good. God is a loving Father, and His will for me cannot be other than loving, understanding, and wise. When I have a problem to meet I can pray, "Thy will be done," and confidently expect the righteous outcome. I gladly resign my will to the higher, better will of God, and cease all striving to overcome and to plan my life according to human conceptions.

The old idea of accepting whatever comes to me as being the will of God is completely wiped from my consciousness. I rest assured in the knowledge that God has prepared for me all things that are necessary to my happiness, joy, and well-being. He deprives me of nothing that will righteously fulfill my longings and needs and help my soul's growth.

God's way is the perfect way. As I turn to Him daily in prayer and ask that His will be done, I know that only good is on the way.

• *I seek not mine own will, but the will of him that sent me.—JOHN 5:30.*

MARCH 9

Tuesday

I ESTABLISH MYSELF TODAY IN THE LIFE OF GOD.

TODAY I consciously establish myself in the life of God, and my body is quickened, renewed, and regenerated. I have faith in the power of God's life within me to bring each organ, function, and faculty of my being under obedience to perfection. His life within me is strong, swift, and sure, and the divine intelligence within my body responds quickly to its restoring power.

In order to increase my understanding of God as my life and wholeness, I cease thinking of myself as a mortal being, subject to the ills of the flesh. I acknowledge myself to be the creation of Spirit, spiritually free and perfect, master of every form of disease and inharmony.

Perfect health is my inheritance, because God has promised health to His children. He has decreed that I shall be radiantly healthy. As I accept His will of health, I feel His life flowing through every nerve and cell of my body, and I am energized, purified, and made whole.

* *Hereby we know that he abideth in us, by the Spirit which he gave us.—I JOHN 3:24.*

Wednesday

MARCH 10

I ESTABLISH MYSELF TODAY IN THE HOST OF GOD TO DEFEND ME.

THE HEAVENLY host which is our defense in times of danger and our deliverance from harm is the host of positive, constructive, Christ-inspired thoughts that are constantly being sent forth into the universal ether. They form a protective wall through which no enemy or destructive force can penetrate.

Right thoughts are the angels, the heavenly hosts, that make us one with the Lord God of hosts. Through this oneness the mighty forces of right are working with us, in us, and for us, and nothing can work against us. Defended by the heavenly host of right thoughts, we are surrounded by a mightier protection than can ever be found in outer defenses. Oneness with spiritual defense makes us one with infinite, indestructible, sustaining Spirit, and we are safe and secure in all situations. He who dwells in the secret place of the most High has made God his habitation, and he is forever defended, sustained, protected, and delivered.

• *Thou art my help and my deliverer.—PSALMS 40:17.*

I ESTABLISH MYSELF TODAY IN THE CHRIST CONSCIOUSNESS OF GOD.

GOD has individualized Himself in man by implanting within every person His own Spirit, the Christ. Through this Christ man makes contact with God, and through it God performs His mighty works.

In order to increase my knowledge of God I must first increase my consciousness of Christ as being in me and in all of God's creation. I must know that Christ is behind, beneath, above, within me, and that He is within every human being. I must know that He is in the heart of every man who thinks of me, in the mouth of every man who speaks of me, in the ear of every man who hears me. Only in this way, only by realizing that Christ is in God, in me, and in my fellow men can I become one with the universal God consciousness. Only thus can I truly perceive God and receive His blessings.

By establishing myself in the Christ consciousness I fulfill the will of God, which is to know Him, to live for Him, and to express Him.

* *I in them, and thou in me, that they may be perfected into one.—JOHN 17:23.*

David's Song

Virginia T. Hassler



*Jehovah is my shepherd; I shall not want.
He maketh me to lie down in green pastures;
He leadeth me beside still waters.
He restoreth my soul.*

Dear Lord, I thank You for this song
Which sprang from David's throat,
To sing its way the ages through
Until I heard its note.

How well You knew the heart must find
A quietness in life.
That it may know that order lies
Behind chaotic strife.

*Yea, though I walk through the valley
of the shadow of death,
I will fear no evil; for thou art with me;
Thy rod and thy staff, they comfort me.*

Assurances like these, my Lord,
Lift up my heart from fear
And make me know, though dark the path,
Your love is ever near.

*Surely goodness and lovingkindness
shall follow me all the days of my life;
And I shall dwell in the house of Jehovah for ever.*

Through all my days these promises
Of good and love alone
Shall build foundations for my life
As solid as the stone.

I thank You, Lord, for David's song.
It sings unto my ears;
It lingers in my questing mind,
A lodestone for the years.

I ESTABLISH MYSELF TODAY IN GOD AS THE SOURCE OF MY SUPPLY.

NEVER before has there been a greater need of the realization of God as the source of supply. Economic structures and modes of living may change daily, but I am not fearful. I am established in the consciousness of God as the source of my substance and supply.

God's substance is never depleted. It is with me at all times; it responds to my faith in it and my demands upon it. Neither priorities nor rationing frighten me, for I know that all that is visible has been made from invisible, unchanging, spiritual substance. Talk of depression and hard times does not disturb me, for I know that God wills for me all that I need for my soul's growth.

My demonstration of abundance depends upon the strength of my faith in God and the degree of my acceptance of His good. I now lay hold of Spirit substance by centering my faith in God as the supply and supplier of all good. Spirit substance responds to my faith in it, and comes forth as the fulfillment of my every need.

• *My God shall supply every need of yours.—PHIL. 4:19.*

MARCH 13

Saturday

I ESTABLISH MYSELF TODAY IN THE HAND
OF GOD TO PROTECT ME.

I HAVE faith in the guiding, protecting presence of God. I intrust this day to God's keeping. I place myself and my loved ones in His loving care, and I acknowledge His protecting Spirit. His hand shall lead, guide, and uphold us, and His presence shall infold us. Wherever we go He is there to protect us. We cannot be separated from His protecting presence, for it is above, around, within, and below us. He will not allow anything to harm us. His refuge is instantly available in any emergency or danger.

God's protection is never denied those who believe in Him. He is mightier than any force of destruction, for the angel of His presence covers the earth and infolds His creation.

God's promises of protection are my insurance against "the pestilence that walketh in darkness . . . the destruction that wasteth at noonday." I have made the Most High my habitation, my refuge, and my fortress, and no evil can come near me.

* *A thousand shall fall at thy side . . . but it shall not come nigh thee.—PSALMS 91:7 (A. V.).*

I ESTABLISH MYSELF TODAY IN THE SALVATION OF GOD.

SALVATION is a term that frightens many good Christians away, because for many years it has been associated with the type of reformer who speaks of sin and cries "Repent ye" and "Have you been saved, brother?"

As a matter of fact, salvation is one of the finest words in our category, for it means simply that by virtue of God's presence within our own being we have the power to overcome wrong thinking and thereby to deliver ourselves from the unhappy results of such thinking.

One of the first things we learn in the study of Truth is that we are not creatures of sin. It is true that as yet we frequently fall short of the high ideal of perfection implanted within us by the Father, but we are progressing constantly toward its full expression. We hasten our redemption from wrong thinking by opening our mind to the realization of oneness with God. Such realization delivers us from false ideas and conditions, and we are "saved."

• *Salvation is of Jehovah.—JONAH 2:9.*

MARCH 15

Monday

I ESTABLISH MYSELF TODAY IN THE PEACE OF GOD.

GOD within me is my peace. Established in His peace, the "peace . . . which passeth all understanding," I am poised and confident; I can remain peaceful through any trial. If I am to help establish peace on earth I must first let peace begin with me. I must be so conscious of God's peace in me that nothing—neither conditions around me nor the actions of family, friends, or any individual—can disturb the calm peace of my soul.

Peace in the world is God's will, and I now consecrate myself to furthering His will among men. I will let His Spirit of peace pervade me and shine through me so that all whom I contact will recognize the presence of peace and feel its power. Whenever some situation tends to make me critical, angry, or resentful, I will remember the presence of God's peace within me, and let peace govern my emotions, my speech, my actions. As I do so all doubts, fears, sorrows, and disappointments are erased, and I am peaceful.

* *Jehovah will bless his people with peace.—PSALMS 29:11.*

Tuesday

MARCH 16

I ESTABLISH MYSELF TODAY IN THE JOY OF GOD.

THE joy of God within me is a wellspring of joy that is constant and eternal. It responds instantly to my every need and quickly lifts me out of sorrow, loneliness, and depression. True joy resides within me, for God has established His Spirit of joy in me. When outer situations appear to be disturbing, I turn to this inner Spirit of joy, and my joy is sustained. I am serene and joyful in the assurance that God rules supreme and all is right with the world. I cannot be discouraged or downcast when I let God's joy have perfect expression in and through me.

I rejoice in the knowledge that my life is hid with Christ in God. I rejoice in the knowledge that God's good is present in the world, abolishing suffering, injustice, lack, sorrow, and disease. I rejoice in the presence of His life, strength, love, happiness, peace, and plenty for all.

I am a radiating center of God's joy. As I let joy radiate through me new strength and courage flow through me to bless those in need of uplift.

Ye shall go out with joy, and be led forth with peace.
—ISA. 55:12.

Wednesday

I ESTABLISH MYSELF TODAY IN THE OMNI-PRESENCE OF GOD.

IN EARLY times credulous persons wore magic beads or buttons or charms of some sort to ward off evil spirits. Even today many persons find comfort in wearing "lucky charms" or other talismans designed to insure the wearer well-being, safety, and good luck. The human heart yearns for the assurance of a protecting presence or power.

Infinitely more reassuring than beads or charms is the knowledge that God's presence is before, behind, within, beneath, above, and all about us. God is not only present, He is present everywhere. Therefore wherever you are God is with you. Wherever you go, God goes with you. Whatever you do, God is present.

In the presence of God is all the help you can ever need. If you desire healing, God is present as enduring life. If you need protection, God is your defense and deliverance. If you are uncertain, God is the light in your darkness.

* *Am I a God at hand, saith Jehovah, and not a God afar off? . . . Do not I fill heaven and earth?*—JER. 23:23, 24.

I ESTABLISH MYSELF TODAY IN THE TOLERANCE OF GOD.

INTOLERANCE of others and of their beliefs and actions is the cause of much suffering in the world today. It is the cause of religious intolerance, of race hatred, and of nation rising up against nation in war and strife.

Established in the tolerance of God, we are set free from faultfinding and complaining. We do not expect others to think as we think or do as we do, but we set all men, all races, and all nations free to conduct themselves as they are guided.

Tolerance is not weakness, nor is it sanction. It is strength and understanding. It is not indifference or passivity, for a tolerant person has active faith in God's indwelling Spirit. He knows that back of all appearances God's perfect work is being done. He stands ready to bless and to help any person or situation, without malice, in a spirit of love and understanding.

* *Let all bitterness, and wrath, and anger, and clamor, and railing, be put away from you, with all malice: and be ye kind one to another, tenderhearted, forgiving each other, even as God also in Christ forgave you.*
—EPH. 4:31, 32.

MARCH 19

Friday

I ESTABLISH MYSELF TODAY IN THE COURAGE OF GOD.

ESTABLISHED in the true courage of God in the midst of me, I am fearless and courageous. God is the source of my light, confidence, wisdom, and courage, and I trust His power completely to direct and deliver me. His Spirit in me makes me strong to endure and faithful to perform every duty that life requires of me. His Spirit in me is greater than persons or situations. His Spirit gives me spiritual and physical stamina for living fearlessly, joyously, and purposefully.

Threatening conditions do not frighten me, for I know that God rules and reigns supreme. His courageous Spirit in me enables me to look beyond the apparent control of evil in the world and to keep my vision steadfastly on the good that must be manifested and must prevail. Established in true courage I have power to speak words of comfort and confidence to those who fear and to give strength to the weak and oppressed.

* Be strong and of good courage, be not afraid nor dismayed . . . with us is Jehovah our God to help us.
—II CHRON. 32:7, 8.

Class Thoughts

TO BE USED FROM

March 20 to April 19

The class thoughts on this page are composed by Charles Fillmore for the purpose of providing central ideas upon which Truth students everywhere may concentrate during the month. You are invited to use them with Silent Unity not only at the hours specified but whenever you have opportunity. We also urge you to join us constantly in the prayer for world peace.

At 11 a. m. use this thought for

ILLUMINATION . . . My understanding is spiritually quickened.

At 12 noon use this thought for

PROSPERITY . . . United with Jesus Christ in the consciousness that "all that the Father bath is mine," I have supply to meet my every need.

At 9 p. m. use this thought for

HEALING . . . The consciousness of the indwelling Christ gives me unfailing strength and health.

Use this prayer for world peace:

PEACE. . . In the name of the Lord Jesus Christ we pray for and decree a speedy victory in this world conflict, to be followed by a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

MY UNDERSTANDING IS SPIRITUALLY
QUICKENED.

HAVE WE not often got out of patience with someone because we thought he was "too dumb to understand" a certain matter? Yes, for we are prone to be impatient with and critical of anyone who is slow to grasp the full meaning of something that we feel he should know or that we are trying to tell him.

If God were a human Father doubtless He would often be out of patience with us because we are slow to understand, to grasp the full meaning of what life brings us day by day. But unlike a human father the divine Father, whose very nature is love, is never impatient or disturbed because we act in ways unbecoming a child of His.

We can grow in understanding by going through the school of human experience; but even this is of doubtful value to us until we learn how to appraise its importance in the divine scheme of things. God knows and understands all, and He imparts His understanding to us according as we open our mind to His quickening power.

* *Happy is the man . . . that getteth understanding.*
—PROV. 3:13.

UNITED WITH JESUS CHRIST IN THE CONSCIOUSNESS THAT "ALL THAT THE FATHER HATH IS MINE," I HAVE SUPPLY TO MEET MY EVERY NEED.

CAREFUL study of the Scriptures reveals that Jesus Christ always had His every need supplied by the Father. While we could not call Him rich in the sense of having an abundance of worldly possessions, He was the richest of men in the sense that He understood perfectly the substance of God from which the supply for every need comes to us.

The substance of God is spiritual. If we like we may call it divine energy in process of formation or manifestation. It is formed or shaped by the thoughts that we think about it, and it responds abundantly according as we call it forth.

Even as Jesus Christ understood the nature of divine substance and had supply for His every need, so we can unite our understanding with His and have supply for our every need. All that the Father has is yours. Have faith in Him as your supply, and you will never lack anything.

• *Son, thou art ever with me, and all that is mine is thine.—LUKE 15:31.*

THE CONSCIOUSNESS OF THE INDWELLING
CHRIST GIVES ME UNFAILING STRENGTH AND
HEALTH.

IN Truth literature we often find statements to the effect that man cannot be sick because he is divine. If these statements are true, then how is it that we sometimes experience ill-health or evidence abnormal conditions of body or mind?

Within us there is a divine essence, a spark of God life, which Paul, writing to the Colossians, calls "this mystery . . . Christ in you, the hope of glory." This divine life or Christ is the perfect spiritual pattern of what we become when we attain our full spiritual growth.

The Christ in us is God's Spirit of perfection. It is deathless, incorruptible. When our body or mind evidences some form of sickness, we may be sure that the living Christ in us is unaffected by this condition. As He is so we can become. Our consciousness of the indwelling Christ is the basis for all spiritual healing.

The Christ in you is perfect. Through Him you have unfailing strength and health.

* *The Son . . . is the image of the invisible God.*
—COL. 1:13, 15.

Tuesday

MARCH 23

I ESTABLISH MYSELF TODAY IN THE JUSTICE OF GOD.

THE LAW of divine justice works fully and completely in my life when I am established in divine justice. I know that my good is secure in God and that God is constantly working for me. Therefore no person or circumstance can adversely affect my life or take my own from me. With God working for me, nothing in all the world can work against me. I willingly let God's law of justice have its way in my life.

I do not blame anyone other than myself for what comes to me, nor do I resist the good I can gain from each experience. I am just in my thoughts of others, for my opinions and decisions are tempered by love and understanding.

I apply the Golden Rule to my associations with others, therefore I do not anticipate or fear injustice. I have faith in the integrity of my fellow men. I deal justly with all, and I am justly dealt with. My affairs are under the management of God's wisdom and love, and I fully rely upon His law of justice to prevail in my life.

◆ *Jehovah is a God of justice.—ISA. 30:18.*

Wednesday

I ESTABLISH MYSELF TODAY IN THE ETERNAL YOUTHFULNESS OF GOD.

AGE has no place in my consciousness, for I believe in God's Spirit of eternal youthfulness. I am renewed daily by His Spirit within me. There is no reason for my body, His holy temple, to become tired, worn out, or old. His life is constantly active in my body, constantly renewing and regenerating me.

I meet each day with renewed strength and vigor. I do not become crystallized in old thoughts and old ideas. I do not carry over in consciousness any old thoughts, but I am daily renewed in the freshness and youthfulness of Spirit. As I would lay aside an old garment, so I lay aside old ideas in order that I may be more fully aware of the youthfulness of God.

God's life within me is never depleted or disintegrated; it is eternally new. It is not subject to human limitations nor to thoughts of myself or others concerning age. I do not allow myself to fall into the race belief in growing old, for years are as nought to eternal Spirit.

* *Thy youth is renewed like the eagle.—PSALMS 103:5.*

I ESTABLISH MYSELF TODAY IN THE FORGIVENESS OF GOD.

IT IS easy for me to forgive when I remember that every person is a child of God, living according to his highest understanding at the present stage of his unfoldment. If he has not yet learned the Christ way of love and justice and right dealing, then he greatly needs my prayers and blessings, not my criticism and condemnation. Therefore I absolve every person whom I have thought of as being guilty of misconduct; I freely pray for his illumination, guidance, and progress.

If I have permitted myself even for a moment to feel that I have been injured, neglected, or wrongfully dealt with, I forgive myself for this mistake and determine afresh to look to God to govern, control, and adjust all that concerns me.

Letting go of every thought of unforgiveness, I let the love and understanding of God flow freely through me. As surely as the forgiving grace of the Father flowed through Jesus Christ, so it flows through me in benediction and blessing toward all who stand in need of it.

• *Neither do I condemn thee.—JOHN 8:11.*

I ESTABLISH MYSELF TODAY IN THE MASTERY
OF GOD.

THROUGH the Spirit of God indwelling in us we are endowed with the power to master and assert dominion over our every thought, word, desire, and action. A clear realization of this truth enables us to conquer false desires and habits and to control the character of our thinking and living.

We come into a consciousness of mastery through prayer and meditation and realization of our divine sonship. When we know ourselves to be free sons of God, we know that we are not in bondage to adverse thinking nor are we creatures of habit. Because God in us is mightier than anything adverse, no false condition has power to rule us. Through His Spirit in us we are conquerors of all desires of mortal mind and mortal man. We have dominion over every thought, over every word, over every action.

It is a law of mind that what we think, we are; what we desire, we become. We have power to be masters or slaves, according to our will.

* *If ye are led by the Spirit, ye are not under the law.*
—GAL. 5:18.

I ESTABLISH MYSELF TODAY IN THE POISE,
GRACE, AND PATIENCE OF GOD.

A GRACIOUS person is gentle in character, generous in judgment, kind in his actions. Every person, no matter how disturbed he may be, reacts harmoniously to a gracious spirit.

A gracious spirit is a patient spirit. Impatience at delayed good has no place in the thoughts and actions of one who knows the grace of God, for he knows that nothing can thwart the work of God. A gracious person is a free person. He is not bound by mortal opinions about others, nor is he beset by fears about the outcome of events. A gracious person is a joyful person, for he beholds the perfection of God in all things.

This day I establish myself in the confidence, understanding, graciousness, poise, and patience of God, and I remain calm and undisturbed. I do not become upset and fearful because others do. I do not become cross and irritable because others do. I maintain a spirit of serenity and patience at all times, and the grace of God gives its blessing through me.

• *God is able to make all grace abound unto you.*
—II COR. 9:8.

I ESTABLISH MYSELF TODAY IN MY DIVINE SONSHIP AS A CHILD OF GOD.

ESTABLISHED in the consciousness of my sonship to God, I grow each day in the knowledge of my innate divinity. I realize more clearly that I am the all-wise, all-loving, all-conquering son of God. Through His Spirit in me I have power to rule supreme in all the affairs of mind and body.

Because I am a child of God, His wisdom directs my every step, His love fills my every thought, His health heals me, and His substance prospers me. I am filled with the awareness of my oneness with God. I know that I cannot be separated from Him or from His decree of good for me; for I am His perfect son, in whom He is well pleased.

God did not make me what I appear to be, but He created me divine and immortal. I cannot accept or believe in anything less than the perfection that He wills for me. I clearly discern that I am created in the image and likeness of God and that I am daily progressing toward the fulfillment and perfect expression of my Godlikeness.

* *He that overcometh shall inherit these things; and I will be his God, and he shall be my son.—REV. 21:7.*

I ESTABLISH MYSELF TODAY IN THE OMNIPOTENCE OF GOD.

GOD not only is powerful; God is all power, the only power that actually exists. Though there may appear to be other powers, I recognize them for what they are: misdirected expressions of the one power. Since God's power for good is mightier than any distorted expression of power, I know that His eternal power must inevitably triumph over the lesser powers.

Because I am a child of God, one with His Spirit, I am one with His almighty power. His power in me is my power to live and to serve and to achieve great aims. I rejoice in the power that is mine, and I endeavor always to use it prudently. I do not exercise my innate power for personal gains, but for the benefit and blessing of all. I rejoice in my power to rise out of limiting ideas and to center my faith in God's power.

There is only one presence and one power in me, in my life, and in the world: God, the all-powerful. Established in His omnipotence, I am secure, victorious, and free.

• *There is no power but of God.—ROM. 13:1.*

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MARCH 30

Tuesday

I ESTABLISH MYSELF TODAY IN THE SATISFACTION OF GOD.

IN GOD I live, move, and have my being. His love satisfies my longing soul and fills my life with His good. No longer is it necessary for me to seek in the outer for the satisfaction of some inner longing, for His Spirit within me fulfills every need of mind, spirit, soul, and body.

Dissatisfaction and discontent result from a lack of knowledge of oneness with God. Because I know that I am in God as He is in me and that He is able to fill every need in my life, I am delivered from the longings and temptations of a discontented spirit. I do not look to possessions, to entertainment, to associations, to intoxicants, to wealth, or any such thing to bring me happiness and contentment. I look to God, the source of my life, and my needs are bountifully filled.

I know God to be the fulfillment of every man's needs. Therefore I speak the word of blessing for those who need to know Him more fully, and I see each one lifted up, freed, and established in the happiness, peace, and satisfaction of Spirit.

• *He satisfieth the longing soul.—PSALMS 107:9.*

Wednesday

MARCH 31

I ESTABLISH MYSELF TODAY IN THE LOVE OF GOD.

WITHIN the depths of my being the love of God, divine love, eternally abides, because God Himself dwells there. His love in me is a shining light that makes the way clearer and pleasanter for those I meet. His love is a guide that shows me how to be gentle, understanding, kind, and helpful to others. His love in me is a magnet that draws to me friends, happiness, and all that is needed to make my life full and complete.

I now open my heart more fully to God's love so that I may be able to express it more freely. When my thoughts, words, and deeds are inspired by divine love they are not restricted solely to blessings bestowed upon my family and friends. My love becomes universal, and I draw into its circle all people, all races, and all creeds.

God's love restores order and establishes good fellowship and peace. I now dedicate myself to the expression of divine love, and I send my blessing of love to all the world.

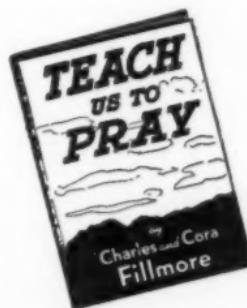
• *Let us love one another.—I JOHN 4:7.*

The Unity Lenten Program

One of the most hallowed times for study and meditation is the Lenten season which offers an opportunity for preparation for the real spiritual experience of Easter.

This year a booklet entitled *The Unity Lenten Program* has been prepared to help you keep Lent. It consists of 47 brief daily assignments, each including a prayer thought, a short lesson or meditation, and references to corresponding passages in the Bible and to specific chapters in *Teach Us to Pray*, which is the basis of our Lenten study.

When you order the book *Teach Us to Pray* a copy of *The Unity Lenten Program* will be sent to you without charge. If you already have a copy of *Teach Us to Pray* you may still have the free copy of *The Unity Lenten Program* by requesting it. The price of *Teach Us to Pray* is \$1 for the clothbound copy and \$2 for the flexible-bound copy.



UNITY SCHOOL OF CHRISTIANITY, 917 TRACY, KANSAS CITY, MO.

Use the Truth That You Know

Jesus said: "If ye know these things, blessed are ye if ye do them." Knowledge of Truth is the gateway to life's richest blessings, but in order to attain them you must put your knowledge of Truth into actual practice. You know that God is the unfailing source of your supply. Begin now to act upon this knowledge and draw to yourself the unlimited good that He has in store for you.

Unity's Prosperity Bank plan will help you put the law of Truth to work in your affairs. If you have tried it before, try it again—this time even more conscientiously. The giving of a little time, effort, and substance each day will help you build up a rich consciousness and open the channel through which your good can become manifest. Use the Bank drill seven weeks, and while Silent Unity prays with you for your prosperity and success, drop your coins into the Bank for the purpose of sharing Truth with others.

Unity School of Christianity, 917 Tracy, Kansas City, Mo.

Please send me a Prosperity Bank and enter a year's subscription for *Daily Word* for each of the persons here named. I will save \$3 for the subscriptions, which are to begin at once. I ask the prayers of Silent Unity for my success.

1. Name _____

Street _____

City _____ State _____

2. Name _____

Street _____

City _____ State _____

3. Name _____

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City _____ State _____

SENDER'S NAME _____

Street _____

City _____ State _____

A New Series of Articles for the Lenten Season to Appear in Weekly Unity

A series of articles by Alice M. Hopkins, to be published in WEEKLY UNITY, presents a new and inspiring idea of the Resurrection and of its relation to your own life and spiritual experience. The series will begin in the March 13 issue of WEEKLY UNITY.

The first article tells how Jesus established His authority as the Son of God, how His realization of His oneness with the Father became the foundation of His mighty works.

The second article explains prayer and tells you how to pray "in His name" so that your prayer may be in harmony with the Father's plan.

The article "I Am the Way" answers the question "Just what do the events that took place on that first Easter Sunday two thousand years ago mean to me"?

"He That Believeth" is an article about faith that will encourage you to act on your faith and to follow the simple rules taught by Jesus.

The last article in the series, "I Am the Resurrection and the Life," tells you how to build into your consciousness the eternal qualities that Jesus taught and lived.

Why not order a WEEKLY UNITY subscription now so you may receive the entire series of articles? WEEKLY UNITY is \$1 for a year's subscription.



UNITY SCHOOL OF CHRISTIANITY, KANSAS CITY, MISSOURI

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